



Creating Policy, Systems, Environmental Change: Faith Success Story

Health Promotions in Faith Based Communities

Whether you are 18 or 80, it's never too late to increase your health equity.

Intervention Summary

The congregants of Greater Blessings church in San Bernardino learned a lot of valuable information and have already started making lifestyle changes. Some of the changes reported include members drinking more water, realizing and executing their power to make healthy choices, and adding more fruits and vegetables to their diet. The church members dine together in their fellowship hall at least twice a week following church services. Since the initial class, the Pastor of the church, Pastor Carter, has made it a point to make sure they are more conscious of the foods they serve at the weekly meals.

One of the congregants who really stands out is Rev. Anna Stephens. Rev Anna is in her early 80s and following the physical activity class reported experiencing an increase in energy since she added walking to her lifestyle. This is evidence that Health Promotion is very important within faith based institutions and Rev. Anna's experience really shows that it's never too late to start making choices to increase our health equity.

Future Directions/Sustainable Success

Going forward, we will meet with the Pastor of this church and his health champion to solidify activities and policies that will both fit into the church culture and help the church

continue to increase their health equity over the coming years. We will achieve this by having monthly communication with the church, providing the church with resources and information to continue to fuel their success. The church stakeholders will contribute their ideas as well as the manpower to implement strategies we collectively decide on.

Contact information about this Narrative

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